

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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November 2015

Volume 07 Issue 10

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**November is National Family Caregivers Month.** Over the course of our lifetime, many of us will find ourselves taking care of a loved one with a disease or disability who may need assistance with daily living. Being a caregiver can be fulfilling by offering the opportunity to provide a loved one, friend, or neighbor with the help they need. However, this role can also affect the life of the caregiver in significant and often challenging ways. It is important for caregivers to remember to take care of their own health and continue to practice healthful behaviors. Here are some important points to remember to help you stay healthy as a caregiver (for yourself and for the one you are caring for):

- Keep up with your own medical care. Don't skip regularly scheduled preventive care.
- Make sure to get enough rest. Your abilities can be lessened by inadequate sleep.
- Continue or start to get regular physical activity, one of the best stress reducers.
- Continue to nurture your own social relationships.
- Reach out for help when you need it. Get acquainted with your local support services.

Remember, your ability to continue to be a good care partner for your loved one depends on maintaining your own health!



**Medicare open enrollment has started and ends on December 7th.**

You should review your Medicare Plan **EVERY** Year. Chances are there have been changes that will affect your coverage. Now is the time!

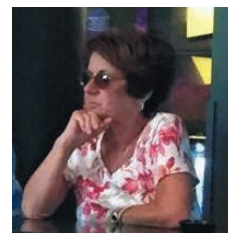
**Come to our Medicare Information (SHINE) Fair on Friday November 6th, 10:00AM– 2:00PM.**

There will be two General Information Seminars at 10AM & 1PM, representatives from Insurance Providers and a limited # of 1:1 SHINE appointments throughout the day.

*Here is Beth's story. Beth was in Okeydokey Drug Plan in 2015 and decided to see a SHINE counselor in her town to compare Okeydokey to other plans for 2016. She was surprised to find that two of her medications wouldn't be covered on her drug plan next year and it would cost her \$550 a month to pay for them! The SHINE counselor helped her find a new plan -- and she saved over \$6000! Success!*

### **Volunteer of the Month: Doris Sheehan**

Doris is bright and cheery and can often be found near the front doors, welcoming folks to the Senior Center. You can also find her in the Gift Shop or the Upscale Consignment Shop, since she volunteers in both. If you're looking for that perfect gift or article of clothing she is more than willing to help. Doris shows great empathy towards others and is always willing to lend an ear should you need someone to listen. She is also compassionate and patient, which shows when she is assisting some of our more "forgetful" folks. Doris you are very valued and we would like to thank you for all that you do!



**My Mission as Your Director:** *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*



Senior Center participant Charlotte Sargent at last month's "Silver Threads" Quilt Show put on by the Tewksbury Piecemaker's Quilt Guild. Charlotte was this year's *Featured Quilter*!!

**DJ Jon Mansfield** is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$6 ticket cost. Tickets are also available at the door. Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!



### Question and Answer Article on Memory Loss

*Shared by Marion Sheridan*

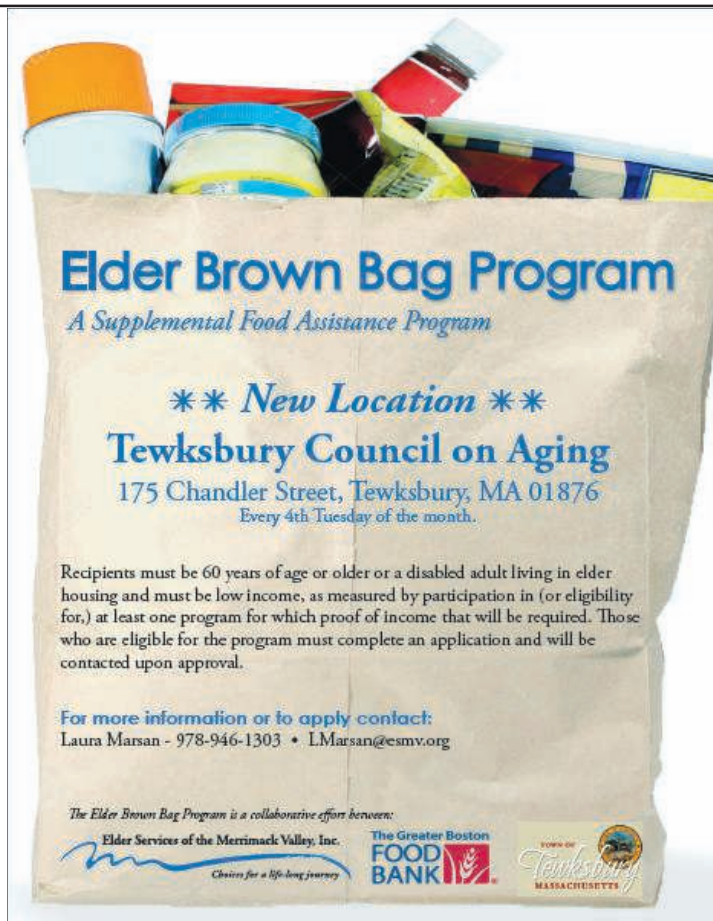
**Q:** I'm in my mid-60s. I will occasionally "reshare" something with a friend/acquaintance. Younger people will say, "I know, you told me that already." This feels hurtful, though it may not be meant that way. When this happens to other people, I let it slide. No one is going to cure me with this borderline rude comment. I take meds that contribute to memory loss. That's not going to change, and neither is the aging process. I'd like some sort of reply that gently steers people away from this thoughtless expression. It's different when someone says, "Oh, yes, I remember we talked about that recently." I'll say, "Oops, senior moment." I'm not deliberately trying to be rude. You are so good at finessing phrases. Can you help? I may be losing some short-term memories, but I won't forget the manners.

Signed, SLIGHTLY, LIGHTLY AND POLITELY DEMENTED

**A:** First off, I like you. You can sit by me. The two responses you cite in your question illustrate perfectly the difference between a gentle, kind response and an abrupt-sounding rebuke. The best way to respond to a rebuke is to slow things way down with a gentle retort. Say, "I'm sorry, I'm dealing with some memory loss. I really appreciate you tolerating it."

There are 3 bulletin boards at the Senior Center, one for in-house activities, one for upcoming trips & one for community events. This is where you will find the most up-to-date information so stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.

A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.



### SIGN UP FOR OUR FOOT CARE CLINIC

**WHO:** Catherine Languedoc RN BSN, CFCN  
(Certified Foot Care Nurse)  
**WHEN:** 3rd Thursday of Every Month  
**WHERE:** Senior Center Nurses Office  
**COST:** \$30, accepted at time of apt.



Call Jan at 978-640-4482 to make an appointment

### UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
November 4, 2015	11:30AM	Flag Hill Winery	\$37 per person	Available Now
December 5, 2015	12:00PM	"Elf" at the Wang Theatre	\$75 per person	Available Now

**Council on Aging- (978) 640-4480****Ashley Springman, MS, LSW**Council on Aging Director  
Aspringman@tewksbury-ma.gov**Jan Conole**Senior Clerk Secretary  
Jconole@tewksbury-ma.gov**Bob Noel**Maintenance  
Rnoel@tewksbury-ma.gov**Nicole Hutcheon**Outreach  
Nhutcheon@tewksbury-ma.gov**Council on Aging Board Members:**

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Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

**Board of Health- (978) 640-4470****Lou-Ann Clement, CHO**Director of Public Health  
Lcclement@tewksbury-ma.gov**Chris DiJulio- Cook**Senior Clerk Secretary  
Cdijuliocook@tewksbury-ma.gov**Sarah Kinghorn, BSN, R.N.**Public Health Nurse  
Nurse@tewksbury-ma.gov**Shannon Sullivan**Sanitarian  
Ssullivan@tewksbury-ma.gov**Veteran Services- (978) 640-4485****Lisa Downey**Veterans Service Officer  
Vets@tewksbury-ma.gov**\*\* Prizes for Our Readers \*\***

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

The winner from last month was: **Judy Colman**

*Error: In the lunch menu, on October 22nd, "Natural Grain **Bred**", instead of bread*

**What To Look Forward to This November:**

On November 11th we will honor all of the men and women who served in the United States military. Originally known as Armistice Day, **Veteran's Day** was declared a holiday in 1919 by President Woodrow Wilson. On that day, one year prior, Germany signed an armistice with the Allies that signaled the end of World War 1. The holiday became known as it is today in 1954.



On November 26th we will celebrate **Thanksgiving**, which is a national holiday in the United States. It is celebrated each year on the fourth Thursday in November. On this day, families gather together, and many people say prayers of thanks for the years blessings. In many homes, a big dinner of roast turkey and dressing is served. Thanksgiving is traditionally a harvest festival. Similar festivals are celebrated in many parts of the world to give thanks after the years crops have been safely harvested. Thanksgiving remains a day for people to give thanks for what they have.

The first American Thanksgiving probably took place in New England. It was celebrated by the Pilgrim settlers, who established Plymouth Colony in Massachusetts in 1620. The Pilgrims had struggled bravely through a grim winter with much sickness and little food. The following spring, friendly Indians helped the settlers to plant corn, and in the autumn, the first crop was harvested. Governor William Bradford proclaimed three days of prayer and thanksgiving. The Pilgrims gave a huge feast and invited the Indian Chief, Massasoit, and 90 of his people.

The custom of observing a special harvest thanksgiving day spread throughout the other colonies in the following years. After the American Revolution, the various states continued the custom, each one

naming it's own day for giving thanks. In 1863, President Abraham Lincoln proclaimed the first national Thanksgiving Day on the last Thursday in November. The present date was established by Congress in 1941.





**WEEKLY SCHEDULE**

Special events &amp; schedule changes on page 7.

<b>MONDAY</b>	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 9:30-11– Blood Pressure Clinic (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	<b>PM</b> 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	<b>PM</b> 12:30 45's 12:45 ZINGO 1:00 Independent Painting 3-4 Swinging Seniors Chorus 5:00 Fit for All
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Chair Yoga 2:30 45"s
<b>THURSDAY</b>	
<b>AM</b> 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 5:00 Fit For All
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3 10:30 Floral Arrangement Class #1 (except 1st Fri of the month)	<b>PM</b> 12:30 International Mah Jong 1:30 Floral Arrangement Class #2

**Friends of the Elderly, Inc. News***Submitted by Linda Brabant*

The Friends last Breakfast Benefit of the year will take place on Sunday, November 15th from 7:30 to 11:00 AM at the Senior Center. The menu includes: bacon, pancakes, scrambled eggs, sausage, homefries, beans, toast, a fresh fruit cup and beverages. The cost is \$7/ adults, \$3/children 12 and under and toddlers free. We will also feature a "Mini Craft Fair" at this event. Proceeds will benefit the upcoming Friends holiday events. We hope to see you there! *The winner of the October breakfast drawing was T. Walsh; and, the Yard Sale drawing was Kay Maher.*

The November Foxwoods day trip will take place Wednesday the 4th. Seats may still be available. The next Foxwoods trip will be held on Thursday, December 3rd. Foxwoods ticket sales begin at 8:15 AM on the Monday after the last trip. The cost is \$35 and includes a casino package & driver gratuity. A Friends "Cootie Party" will be held on Monday, November 16<sup>th</sup> beginning at 12:00 noon. The cost is \$4. Please note that the Friends will NOT hold a Yard Sale in November.

The Friends Christmas Dinner will be held on Friday, December 5<sup>th</sup> and will include a buffet dinner catered by the Village Inn and dancing to the sounds of the Perfect Match Band. Tickets are \$15/person. The Friends annual Christmas Drawing will be held at this event. Don't forget to get your tickets.

This New Years Eve theme is the "Roaring Twenties" and should prove to be most festive and enjoyable. The Village Inn will cater the event and the Perfect Match will provide our dancing music. New Year's tickets are \$50/person and will be held on Thursday, December 31<sup>st</sup> beginning at 7:00 PM.

This year the Friends would like to decorate its Christmas Tree entry at the Library with photos of our Senior Citizens. The Crafts ladies have made ornament frames for the tree. Now all we need is your photo. The photo size will be noted on the bulletin board. Hope you plan on participating!

HAPPY THANKSGIVING &amp; GOD BLESS AMERICA

### Golden Age Club News

*By Rose McKenna*

The Golden Age Club will be having an entertainment committee meeting on Friday November 13th at 10:30AM. On Friday November 20th, the GAC will be having a luncheon and game day. The menu will be posted on the bulletin board as soon as its finalized. The game is LCR (Left Center Right, its very easy to play and lots of fun! There is a sign-up sheet for those interested on the table in front of the GAC office.

December is a beautiful month. I am no great lover of snow, but usually the snow flies during the month and you have to admit it's a beautiful sight! As usual we will have our annual GAC Christmas Party. This year it will take place on Friday December 11th at 12 noon. We will not be exchanging gifts, instead we are asking you to bring a new unwrapped gift for the less fortunate children of Tewksbury. There will be a hot and cold buffet. More will be announced at a later date.

We have a great deal of information on our Golden Age Club bulletin board so take a minute or two now and then to check it out.

November is our Veteran's Drive. We are collecting items for Veteran's who have been injured while helping us stay safe and free. Lets help give these veterans the best possible Christmas while they are recovering in the hospital. These are some of the items needed, for both men and women: toiletries, clothing, board games, portable electronics, IPODs, bottled water, check donations and more. The complete list can be found on the GAC bulletin board. Don't forget Daylight Savings ends on November 1st. Remember to push back the time one hour. Have a great Thanksgiving Day, GOBBLE GOBBLE!

We get so many compliments on the seasonal decorations throughout the Senior Center. We would like to extend thanks to Celene Aghajanian & Geri Nickerson-Kaiser for donating so much of their time and money to make the Senior Center a brighter place!



### Red Hat News

*By Diane Joy*

Upcoming event dates:

**Red Hat Pringo:** Pringo = P(purple) + R(red) + ingo (no "B")! November 18<sup>th</sup> @ 6:00 PM, \$2 per person **PLUS a non-perishable food item to donate to the Food Pantry!** Desserts will be served.

**Red Hat Christmas Dinner:** December 16<sup>th</sup> @ 6:00 PM. Price: to be determined (soon). Catered by the Village Inn. Food: chicken/beef, mashed potatoes, squash, salad, bread and butter, silk pie for dessert. Entertainment to be announced.

**Christmas in July:** It is getting closer!! This is our annual gift card event to help the less fortunate come the Holidays. Your \$10 donation will be given to the Tewksbury Food Pantry who will be able to help families for Christmas.

Dues for the year are due. There will be someone at each event so that dues can be collected.

### **Events for 2016:**

**Re-Gift Night:** January 20, 2016 @ 6:00 PM, \$5.00 per person. Gifts must be nicely wrapped. Coffee, Tea and dessert will be served.

**Anniversary Dinner:** February 17, 2016 @ 6:00 PM. Catered by the Village Inn. Price and entertainment to be decided.

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!

November 11, 2015 is Veteran's Day. Let us remember and honor all of our Veterans.

November 26, 2014 is Thanksgiving! It is hard to believe we have started our Holiday Season! Happy Thanksgiving to all! May you all have a wonderful day!

# Elder Services of the Merrimack Valley

November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Salmon Roasted Seasoned Potatoes Broccoli Florets Dinner Roll Mixed Fruit	3 Penne Pasta with Meatballs in Tomato Sauce Buttered Peas Carrots Oatmeal Bread Chocolate Chip Cookie	4 Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Sliced Peaches	5 Broccoli Stuffed Chicken Breast Mashed Potatoes Capri Vegetables WW Dinner Roll Lemon Cookie	6 Cheese Ravioli in Tomato Sauce Green Beans Oatmeal Bread Seasonal Fresh Fruit
9 Baked Pollock Fish with Lemon Sauce Roasted Seasoned Potatoes Broccoli Florets Dinner Roll Rice and Raisin Pudding	10 Beef Burgundy Sliced Red Bliss Mashed Potatoes Stewed Tomatoes with Zucchini WW Bread Mandarin Oranges	11 <b>Veterans' Day</b>	12 Chicken w/ lemon sauce Brown Rice Green Beans Whole Wheat Bread Pumpkin Cookie	13 Tuna Noodle Casserole Peas Carrots WW Bread Seasonal Fresh Fruit
16 Sliced Pork Roast w/Gravy Mashed Sweet Potato Steamed Red Cabbage Honey Wheat Roll Ginger Cookie	17 Peach Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower WW Dinner Roll Seasonal Fresh Fruit	18 Baked Ham Red Bliss Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Sliced Pears	19 <b>Monthly Special</b> Roast Turkey Dinner w/savory stuffing and giblet gravy Mashed Potatoes Carrots and Turnip Cranberry Sauce Corn Bread Apple Pie	20 Meat Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit
23 BBQ Chicken Roasted Seasoned Potatoes Sliced Carrots Natural Grain Bread Oatmeal Cookie	24 Baked Rainbow Trout Brown Rice Green Beans Honey Wheat Roll Seasonal Fresh Fruit	25 <b>Monthly Birthday</b> Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Natural Grain Bread Sliced Peaches Birthday Cake	26 <b>Thanksgiving</b>	27 <b>No Meal Served</b>
30 Pot Roast w/ gravy Mashed Turnip Broccoli Florets Dinner Roll Seasonal Fresh Fruit				

# NOVEMBER 2015 – SCHEDULE CHANGES & SPECIAL EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 2-6pm- Intake Night for Consignment Shop	3	4	5	6 9:30am- Parkin- son's Support Group 10am-2pm- Medicare Information Fair (See Pg. 2 for more details)	7
8	9	10 12:30pm- GAC Monthly Meeting	11 <b><i>Veteran's Day</i></b> Senior Center Closed	12 9am- Men's Group  Turkey Dinner at the Elks	13 9am-3pm- Clean-up Day at the Senior Center <b>Volunteers Needed!</b>	14
15 <i>7:30-11am- Friends of the Elderly Breakfast Benefit</i>	16 10am- MS Support Group 12:30pm- Cootie Party	17	18 12:30pm- COA Board Meeting 6pm- Red Hat Bingo	19	20 Noon- GAC Game Day  7pm- Silvertones Dance	21
22	23	24 10-11am- Brown Bag Distribution for partici- pants	25	26 <b><i>Happy Thanksgiving</i></b> Senior Center Closed	27	28
29	30 <i>Noon- DJ Jon Dance</i> Lunch served at 11:30am	<b><u>SAVE THE DATE For These Upcoming Events</u></b> 12/4-Friend's Christmas Dinner & Dance 12/7- Intake for Consignment Shop 12/11- GAC Christmas Party 12/14- Cootie Party 12/16-Red Hat Christmas Party 12/18- Silvertone's Dance 12/31- Friend's New Year's Eve Party				

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When I get old, I'm not going to sit around knitting. I'm going to be clicking my Life Alert button to see how many hot firefighters show up!

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### Lets Share A Laugh!

I don't want to brag or make anybody jealous or anything, but I can still fit into the earrings I wore in high school.

When a music student brought his French horn to my shop for repair, he complained that the instrument "felt stuffy" and he couldn't blow air through it. It's not unusual to find partial blockages in brass instruments if small items get lodged in the tubing, but when I tested the instrument, the horn was completely blocked. After much probing and prodding, a small tangerine dropped out of the bell.

"Oh," said the musician when I handed him the fruit. Seeing the bewildered look on my face, he explained, "My mom used the horn for a cornucopia in a Thanksgiving centerpiece."

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

"Yes," says Sally, "a lock of my husband's hair."

"But Larry's still alive."

"I know, but his hair is gone."

A	S	H	N	I	L	K	N	A	T	I	R	U	P
C	E	I	O	D	N	A	L	G	N	E	D	I	I
H	T	M	I	G	R	A	T	E	D	L	L	F	L
U	T	A	G	S	H	O	R	E	R	G	A	R	A
R	L	Y	I	L	A	N	D	O	R	R	Y	E	S
C	E	F	L	H	E	A	W	I	C	A	P	E	I
H	R	L	E	A	R	I	M	I	N	E	R	D	S
Y	N	O	R	B	A	D	T	S	L	Y	L	O	H
N	F	W	R	O	N	N	E	H	A	S	I	M	I
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ATLANTIC  
BAY  
CAPE  
CHURCH  
COLONY  
ENGLAND  
FREEDOM  
GULF  
HOLY  
INDIAN

JOURNEY  
LAND  
MAYFLOWER  
MIGRATE  
NEW  
OCEAN  
PILGRIM  
PURITAN  
RELIGION  
SAIL

SEAS  
SETTLER  
SHIP  
SHORE  
THANKS  
THATCH  
VOYAGE  
WORLD

**Sudoku:** The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

		5			3		4	
		7			9	1	2	
	2							
	5		8	1	6			3
4			3		7			6
1			4	9	2		5	
							3	
	3	4	5			8		
	8		2			9		

### Answers to last month's Sudoku

4	8	9	6	1	3	2	7	5
7	1	3	9	5	2	8	4	6
5	2	6	4	7	8	3	9	1
6	5	2	3	8	4	7	1	9
1	7	8	2	9	5	6	3	4
3	9	4	7	6	1	5	8	2
9	3	5	8	4	6	1	2	7
8	6	7	1	2	9	4	5	3
2	4	1	5	3	7	9	6	8



We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net).





### **Do You Need Help With Your Home Heating Costs?**

You may be eligible for Fuel Assistance through Community Teamwork Inc.

Applications have been mailed from CTI to individuals who received fuel assistance last year. We now have applications for new households interested in applying for fuel assistance. If you need any assistance filling out your form please contact Nicole at 978-640-4482 to make an appointment.



**NEW Applicants** coming in it will be necessary for you to bring the following information/documents:

**Identification:** Driver's license or legal photo ID. If unavailable you must provide birth certificate and social security card.

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Home owners:** Copy of mortgage if you still are making payments, current tax bill and copy of homeowner's insurance.

**Renters:** Copy of lease and proof of rent payments.

**Utilities:** Electric bill, gas and/or oil bill and telephone bill.

**Household Income Guidelines (2015-2016)**

Household Size	Maximum Gross Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704
5	\$73,897
6	\$84,089

**Previous Applicants** coming in it will be necessary for you to bring the following information/documents:

**Proof of income:** Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

**Utilities:** Electric bill, gas and/or oil bill

### **Prevent Home Heating Fires this Winter!**

While we don't recommend it, the fact is that many people use space heaters during cold weather months. Small space heaters are typically used when the main heating system is inadequate or when central heating is too costly to install or operate. They can also boost the temperature of rooms used by individuals who are sensitive to cold, especially elderly persons, without overheating your entire home.

However, there is a downside... The U.S. Consumer Product Safety Commission estimates that more than 25,000 residential fires every year are associated with the use of space heaters, resulting in more than 300 deaths. In addition, an estimated 6,000 people receive hospital emergency room care for burn injuries associated with contacting the hot surfaces of room heaters, mostly in non-fire situations.

So if you do decide to use a space heater this winter make sure you follow these 8 simple steps:



1. When purchasing an electric space heater, look for heaters with automatic shut-off features.
2. Only use equipment that has the Underwriters Laboratories (UL) Mark, which shows that the product has been safety tested.
3. Give space heaters space. Place the heater at least three feet from any combustible material, such as bedding and furniture.
4. Keep young children and pets away from space heaters.
5. While heater cords normally become warm during use, stop using the heater if the cord becomes hot.
6. NEVER use an extension cord with a space heater.
7. Place the heater on the floor; never place on a counter top or furniture.
8. Turn off/unplug



**Douglas W. Sears Esq.**  
Counselor & Attorney-at-Law  
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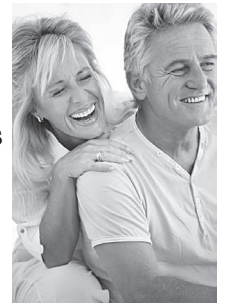
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